

# Paleo Creamed Spinach

- If using frozen spinach, defrost it first and squeeze out the liquid.
- Heat a large skillet over medium heat and cook the bacon until crisp, about 6-7 minutes.
- Remove from the pan and crumble when cool enough to handle.
- Remove all but 1 tbsp of bacon fat in the pan and reserve the rest to use later in the recipe.
- Add cauliflower florets to the pan and cook for 2 minutes.
- Add broth and coconut milk to the pan, cover, and let everything come to a boil.
- Lower the heat to simmer for 4-5 minutes until the cauliflower is tender.
- Transfer the contents to a blender. Add apple cider vinegar and dijon mustard and blend until smooth. Set aside.
- Heat a tablespoon of reserved bacon fat in a skillet over medium heat.
- Add shallot and garlic, and cook stirring for 3-4 minutes until softened.
- Add spinach, salt, and pepper, and toss until wilted and heated through.
- Stir in cauliflower cream sauce and let everything heat through for 1 minute. Remove from heat.
- Top with bacon bits or stir them in. Add more salt, if needed, before serving.

Recipe from:

<https://whatgreatgrandmaate.com/paleo-creamed-spinach-with-bacon/#wprm-recipe-container-16056>

Total time: 20 minutes